



Physical Activity Resources

PEDOMETER ACTIVITY

Name _____

*The Utah Department of Health recommends that you walk 10,000 steps/day. Approximately 2,000 steps = 1 mile.

Wear your pedometer for 5 days. Record your daily steps.

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____

Find the range, median, mode, and mean or average for your steps taken on the 5 days above.

Range: _____ Median: _____ Mode: _____
Mean: _____

Draw a bar graph to display your daily steps. Remember to include a title, use the correct scale, and to label the horizontal and vertical axes.

Draw a line graph to display the same information. Remember to include a title and to label the horizontal and vertical axes.